

DAY 1	DAY 2	DAY 3
BREAKFAST	BREAKFAST	BREAKFAST
bacon, baked	bacon, baked	bacon, baked
creamed beef	creamed beef	creamed beef
Biscuit for cr beef	Biscuit for cr beef	Biscuit for cr beef
pork sausage links	pork sausage patties	turkey sausage patties
breakfast burrito (2 types 1 no pork)	egg & cheese on muffin/biscuit	sausage and biscuit
asst omelets	asst omelets	asst omelets
asst omelets	asst omelets	asst omelets
scrambled eggs (bulk)	scrambled eggs (bulk)	scrambled eggs (bulk)
asst grilled eggs	asst grilled eggs	asst grilled eggs
hard boiled eggs	hard boiled eggs	hard boiled eggs
hashed brown potato	cottage / home fried potato	grilled potato patties
		rice
hot oatmeal (bulk)	hominy grits	hot oatmeal (bulk)
indiv variety hot cereals	indiv variety hot cereals	indiv variety hot cereals SOP
french toast	pancakes	waffles
syrup (maple flavored)	syrup (maple flavored)	syrup (maple flavored)
syrup blueberry	syrup cinnamon-apple	syrup boysenberry
hot cross bun	irish soda bread w/ vanilla sauce	raisin cinnamon bread or twists
applesauce cinn crumb top muffin	date nut bread	applesauce blueberry muffin
baking powder biscuit	English muffins, asst'd white/wheat/cinn-raisin	cheese biscuits
white, whole grain wheat, multi-grain breads	white, whole grain wheat, multi-grain breads	white, whole grain wheat, multi-grain breads
butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,	butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,	butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,

<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Quaker Life RTE Cereal	Quaker Toasted Oatmeal Squares	GM Total Raisin Bran
GM Multi-grain Chex RTE Cereal	GM Multi-Grain Cheerios	Kellogg's Mueslix
Post Raisin Bran RTE Cereal	Kellogg's Frosted Mini Wheats	Post Honey Nut Shredded Wheat
Kellogg's Smart Start RTE Cereal	Banana Nut Crunch	GM Team Cheerios
GM Honey Nut Cheerios	GM Lucky Charms	Kellogg's Apple Jacks
Kellogg's Sugar Frosted Flakes	Post Alpha-Bits	Quaker Cap'n Crunch
peaches	pears	grapefruit
banana	banana	banana
apple, red delicious	apple, mcintosh	apple, yellow delicious
pear, red/green anjou	orange, navel	peach/nectarine
orange juice - 100%	orange juice - 100%	orange juice - 100%
cranberry-apple juice	grape juice	pineapple-grapefruit juice
asst lo-fat yogurt	asst lo-fat yogurt	asst lo-fat yogurt
milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors
coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee
water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet
creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow
ice	ice	ice
salt, pepper, catsup, salsa, jalapeno, hot sauce	salt, pepper, catsup, salsa, jalapeno, hot sauce	salt, pepper, catsup, salsa, jalapeno, hot sauce

DAY 4	DAY 5	DAY 6
BREAKFAST	BREAKFAST	BREAKFAST
bacon, baked	bacon, baked	bacon, baked
creamed beef	creamed beef	creamed beef
Biscuit for cr beef	Biscuit for cr beef	Biscuit for cr beef
canadian bacon	sliced ham	turkey sausage links
egg & cheese on muffin/biscuit	breakfast burrito (2 types 1 no pork)	sausage, egg & cheese on muffin/biscuit
asst omelets	asst omelets	asst omelets
asst omelets	asst omelets	asst omelets
scrambled eggs (bulk)	scrambled eggs (bulk)	scrambled eggs (bulk)
asst grilled eggs	asst grilled eggs	asst grilled eggs
hard boiled eggs	hard boiled eggs	hard boiled eggs
baked potato pancake	golden potato balls	hashed brown potato (with gravy, rice)
hominy grits	hot oatmeal (bulk)	hominy grits
indiv variety hot cereals SOP	indiv variety hot cereals SOP	indiv variety hot cereals SOP
french toast puff	pancakes	waffles
syrup (maple flavored)	syrup (maple flavored)	syrup (maple flavored)
syrup strawberry	syrup pecan	syrup blueberry
pumpkin bread/muffin	snickerdoodle crumb cake	donuts, powdered sugar, glazed, cinnamon
doughnuts, longjohns & crullers	danish pastry bear claws	cran-apple muffins
corn muffin	English muffins, asst'd white/wheat/cinn-raisin	baking powder biscuit
white, whole grain wheat, multi-grain breads	white, whole grain wheat, multi-grain breads	white, whole grain wheat, multi-grain breads
butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,	butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,	butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,

<b>DAY 4</b>	<b>DAY 5</b>	<b>DAY 6</b>
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
GM Total Whole Grain	Quaker Toasted Oat "O's"	GM Total Corn Flakes
Kellogg's Special K	Kellogg's Product 19	Kellogg's Crispix
GM Wheaties	Post Fruit & Fiber	GM Multi-Bran Chex
Kellogg's Honey Nut Mini Wheats	Kellogg's Smart Start	GM Raisin Nut Bran
GM Cinnamon Toast Crunch	GM Golden Grahams	Post Marshmallow Alpha-Bits
Post HoneyComb	Quaker Peanut Butter Crunch	Kellogg's Fruit Loops
fruit cocktail	mandarin orange slices	pineapple
banana	banana	banana
apple, fuji	apple, rome beauty	apple, gala
muskmelon/cantaloupe	plum, japanese Formosa/satsuma	cherries, sweet bing/benton/rainier
orange juice - 100%	orange juice - 100%	orange juice - 100%
apple juice w/vit C	berry 100% juice w/vit C	cranberry-grape juice
asst lo-fat yogurt	asst lo-fat yogurt	asst lo-fat yogurt
milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors
coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee
water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet
creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow
ice	ice	ice
salt, pepper, catsup, salsa, jalapeno, hot sauce	salt, pepper, catsup, salsa, jalapeno, hot sauce	salt, pepper, catsup, salsa, jalapeno, hot sauce

DAY 7	DAY 8	DAY 9
BREAKFAST	BREAKFAST	BREAKFAST
bacon, baked	bacon, baked	bacon, baked
creamed beef	creamed beef	creamed beef
Biscuit for cr beef	Biscuit for cr beef	Biscuit for cr beef
pork sausage links	pork sausage patties	sliced ham
breakfast burrito (2 types 1 no pork)	egg & cheese on muffin/biscuit	breakfast burrito (2 types 1 no pork)
asst omelets	asst omelets	asst omelets
asst omelets	asst omelets	asst omelets
scrambled eggs (bulk)	scrambled eggs (bulk)	scrambled eggs (bulk)
asst grilled eggs	asst grilled eggs	asst grilled eggs
hard boiled eggs	hard boiled eggs	hard boiled eggs
cottage / home fried potato	grilled potato patties	baked potato pancake
		rice
hot cream of wheat/farina	hot oatmeal (bulk)	hominy grits
indiv variety hot cereals SOP	indiv variety hot cereals SOP	indiv variety hot cereals SOP
french toast	apple fritters	pancakes
syrup (maple flavored)	syrup (maple flavored)	syrup (maple flavored)
syrup cinnamon-apple	syrup boysenberry	syrup strawberry
kolaches-apple, cherry, blueberry	raisin bran muffins	doughnuts, longjohns & crullers
hot cross buns	streusel coffee cake	raisin cinnamon bread or twists
bagels, asst'd	cheese biscuits	English muffins, asst'd white/wheat/cinn-raisin
white, whole grain wheat, multi-grain breads	white, whole grain wheat, multi-grain breads	white, whole grain wheat, multi-grain breads
butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,	butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,	butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,

<b>DAY 7</b>	<b>DAY 8</b>	<b>DAY 9</b>
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
GM Total Brown Sugar & Oats	Quaker Life	Quaker Toasted Oatmeal Squares
Quaker Cinnamon Life	GM Multi-grain Chex	GM Multi-Grain Cheerios
Post Grape Nuts	Post Raisin Bran	Kellogg's Frosted Mini Wheats
GM Kix	Kellogg's Rice Krispies	Post Honey Nut Shredded Wheat
Post Honey Bunches of Oats	GM Honey Nut Chex	GM Honey Nut Cheerios
Kellogg Cinnamon Crunch Crispix	Kellogg's Corn Pops	Kellogg's Sugar Frosted Flakes
stewed prunes	peaches	pears
banana	banana	banana
apple, jonagold	apple, crispin / mutsu	apple, stayman winesap
tangerine/clementine/tangelos	honeydew melon	grapes, seedless white
orange juice - 100%	orange juice - 100%	orange juice - 100%
tropical fruit 100% juice	cranberry-apple juice	grape juice
asst lo-fat yogurt	asst lo-fat yogurt	asst lo-fat yogurt
milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors
coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee
water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet
creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow
ice	ice	ice
salt, pepper, catsup, salsa, jalapeno, hot sauce	salt, pepper, catsup, salsa, jalapeno, hot sauce	salt, pepper, catsup, salsa, jalapeno, hot sauce

DAY 10	DAY 11	DAY 12
BREAKFAST	BREAKFAST	BREAKFAST
bacon, baked	bacon, baked	bacon, baked
creamed beef	creamed beef	creamed beef
Biscuit for cr beef	Biscuit for cr beef	Biscuit for cr beef
canadian bacon	pork sausage patties	turkey sausage links
Western sandwich	breakfast burrito (2 types 1 no pork)	sausage & biscuit
asst omelets	asst omelets	asst omelets
asst omelets	asst omelets	asst omelets
scrambled eggs (bulk)	scrambled eggs (bulk)	scrambled eggs (bulk)
asst grilled eggs	asst grilled eggs	asst grilled eggs
hard boiled eggs	hard boiled eggs	hard boiled eggs
golden potato balls	hashed brown potato	cottage / home fried potato
		rice
hot oatmeal (bulk)	hominy grits	hot oatmeal (bulk)
indiv variety hot cereals SOP	indiv variety hot cereals SOP	indiv variety hot cereals SOP
blueberry waffles	french toast	buttermilk pancakes
syrup (maple flavored)	syrup (maple flavored)	syrup (maple flavored)
syrup pecan	syrup blueberry	syrup cinnamon-apple
blueberry muffins	banana nut bread	quick apple coffee cake
kolaches-apple, cherry, blueberry	butterfly cinnamon roll w/glaze	donuts, powdered sugar, glazed, cinnamon
bagels, asst'd	baking powder biscuit	bagels, asst'd
white, whole grain wheat, multi-grain breads	white, whole grain wheat, multi-grain breads	white, whole grain wheat, multi-grain breads
butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,	butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,	butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,

<b>DAY 10</b>	<b>DAY 11</b>	<b>DAY 12</b>
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
GM Total Raisin Bran	GM Total Whole Grain	Quaker Toasted Oat "O's"
Kellogg's Mueslix	Kellogg's Special K	Kellogg's Product 19
Post Honey Nut Shredded Wheat	GM Wheaties	Post Fruit & Fiber
Kellogg's Corn Flakes	GM Team Cheerios	Post Shredded Wheat
GM Lucky Charms	Kellogg's Apple Jacks	GM Cinnamon Toast Crunch
Post Alpha-Bits	Quaker Cap'n Crunch	Post HoneyComb
grapefruit	fruit cocktail	mandarin orange slices
banana	banana	banana
apple, cortland	apple, empire	apple, ida red
pear, Bartlett red/yellow	casaba/crenshaw melon	pineapple, fresh slices
orange juice - 100%	orange juice - 100%	orange juice - 100%
pineapple-grapefruit juice	apple juice w/vit C	berry 100% juice w/vit C
asst lo-fat yogurt	asst lo-fat yogurt	asst lo-fat yogurt
milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors
coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee
water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet
creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow
ice	ice	ice
salt, pepper, catsup, salsa, jalapeno, hot sauce	salt, pepper, catsup, salsa, jalapeno, hot sauce	salt, pepper, catsup, salsa, jalapeno, hot sauce



DAY 13	DAY 14	DAY 15
BREAKFAST	BREAKFAST	BREAKFAST
bacon, baked	bacon, baked	bacon, baked
creamed beef	creamed beef	creamed beef
Biscuit for cr beef	Biscuit for cr beef	Biscuit for cr beef
pork sausage links	canadian bacon	sliced ham
breakfast burrito (2 types 1 no pork)	egg & cheese on muffin/biscuit	grilled ham, egg, cheese sandwich
asst omelets	asst omelets	asst omelets
asst omelets	asst omelets	asst omelets
scrambled eggs (bulk)	scrambled eggs (bulk)	scrambled eggs (bulk)
asst grilled eggs	asst grilled eggs	asst grilled eggs
hard boiled eggs	hard boiled eggs	hard boiled eggs
grilled potato patties	baked potato pancake	golden potato balls
		rice)
hominy grits	hot cream of wheat/farina	hot oatmeal (bulk)
indiv variety hot cereals SOP	indiv variety hot cereals SOP	indiv variety hot cereals SOP
waffles	oven baked french toast	pancakes
syrup (maple flavored)	syrup (maple flavored)	syrup (maple flavored)
syrup boysenberry	syrup strawberry	syrup pecan
danish pastry bear claws	cinnamon nut turnovers	oatmeal raisin muffins
blueberry bran muffins	date muffins	pecan rolls
cheese biscuits	English muffins, asst'd white/wheat/cinn-raisin	bagels, asst'd
white, whole grain wheat, multi-grain breads	white, whole grain wheat, multi-grain breads	white, whole grain wheat, multi-grain breads
butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,	butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,	butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,

<b>DAY 13</b>	<b>DAY 14</b>	<b>DAY 15</b>
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
GM Total Corn Flakes	GM Total Brown Sugar & Oats	Quaker Life
Kellogg's Crispix	Quaker Cinnamon Life	GM Multi-grain Chex
GM Multi-Bran Chex	Post Grape Nuts	Post Raisin Bran
Kellogg's Mueslix	Kellogg's Smart Start	Banana Nut Crunch
GM Golden Grahams	Post Marshmallow Alpha-Bits	Post Honey Bunches of Oats
Quaker Peanut Butter Crunch	Kellogg's Fruit Loops	Kellogg Cinnamon Crunch Crispix
pineapple	prunes	peaches
banana	banana	banana
apple, northern spy	apple, ribston pippin	apple, ida red
plum, European green Gage		
oullins	grapefruit, ruby red or yellow	kiwi/star fruit
orange juice - 100%	orange juice - 100%	orange juice - 100%
cranberry-grape juice	tropical fruit 100% juice	cranberry-apple juice
asst lo-fat yogurt	asst lo-fat yogurt	asst lo-fat yogurt
milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors
coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee
water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet
creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow
ice	ice	ice
salt, pepper, catsup, salsa, jalapeno, hot sauce	salt, pepper, catsup, salsa, jalapeno, hot sauce	salt, pepper, catsup, salsa, jalapeno, hot sauce

DAY 16	DAY 17	DAY 18
BREAKFAST	BREAKFAST	BREAKFAST
bacon, baked	bacon, baked	bacon, baked
creamed beef	creamed beef	creamed beef
Biscuit for cr beef	Biscuit for cr beef	Biscuit for cr beef
pork sausage links	pork sausage patties	turkey sausage patties
egg & cheese on muffin/biscuit	breakfast burrito (2 types 1 no pork)	sausage, egg & cheese on muffin/biscuit
asst omelets	asst omelets	asst omelets
asst omelets	asst omelets	asst omelets
scrambled eggs (bulk)	scrambled eggs (bulk)	scrambled eggs (bulk)
asst grilled eggs	asst grilled eggs	asst grilled eggs
hard boiled eggs	hard boiled eggs	hard boiled eggs
hashed brown potato	cottage / home fried potato	grilled potato patties Q-48-1
		rice
hominy grits	hot oatmeal (bulk)	hominy grits
indiv variety hot cereals SOP	indiv variety hot cereals SOP	indiv variety hot cereals SOP
waffles	french toast	blueberry pancakes
syrup (maple flavored)	syrup (maple flavored)	syrup (maple flavored)
syrup blueberry	syrup cinnamon-apple	syrup boysenberry
quick orange coconut coffee cake	applesauce muffins	pineapple carrot muffin
scones & honey cinnamon muffins	doughnuts, chocolate	twist coffee cake w/ vanilla glaze
baking powder biscuit	bagels, asst'd	cheese biscuits
white, whole grain wheat, multi-grain breads	white, whole grain wheat, multi-grain breads	white, whole grain wheat, multi-grain breads
butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,	butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,	butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,

<b>DAY 16</b>	<b>DAY 17</b>	<b>DAY 18</b>
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Quaker Toasted Oatmeal Squares	GM Total Raisin Bran	GM Total Whole Grain
GM Multi-Grain Cheerios	Kellogg's Mueslix	Kellogg's Special K
Kellogg's Frosted Mini Wheats	Post Honey Nut Shredded Wheat	GM Wheaties
GM Team Cheerios	Kellogg's Honey Nut Mini Wheats	Kellogg's Smart Start
GM Honey Nut Chex	GM Honey Nut Cheerios	GM Lucky Charms
Kellogg's Corn Pops	Kellogg's Sugar Frosted Flakes	Post Alpha-Bits
pears	grapefruit	fruit cocktail
banana	banana	banana
apple, red delicious	apple, yellow delicious	apple, mcintosh
pear, Bosc/Comice	orange, blood	canary/chinese 'hami' melon
orange juice - 100%	orange juice - 100%	orange juice - 100%
grape juice	pineapple-grapefruit juice	apple juice w/vit C
asst lo-fat yogurt	asst lo-fat yogurt	asst lo-fat yogurt
milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors
coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee
water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet
creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow
ice	ice	ice
salt, pepper, catsup, salsa, jalapeno, hot sauce	salt, pepper, catsup, salsa, jalapeno, hot sauce	salt, pepper, catsup, salsa, jalapeno, hot sauce

DAY 19	DAY 20	DAY 21
BREAKFAST	BREAKFAST	BREAKFAST
bacon, baked	bacon, baked	bacon, baked
creamed beef	creamed beef	creamed beef
Biscuit for cr beef	Biscuit for cr beef	Biscuit for cr beef
sliced ham	canadian bacon	turkey sausage links
breakfast burrito (2 types 1 no pork)	egg & cheese on muffin/biscuit	breakfast burrito (2 types 1 no pork)
asst omelets	asst omelets	asst omelets
asst omelets	asst omelets	asst omelets
scrambled eggs (bulk)	scrambled eggs (bulk)	scrambled eggs (bulk)
asst grilled eggs	asst grilled eggs	asst grilled eggs
hard boiled eggs	hard boiled eggs	hard boiled eggs
baked potato pancake	golden potato balls	grilled potato patties
		rice
hot oatmeal (bulk)	hominy grits	hot cream of wheat/farina
indiv variety hot cereals SOP	indiv variety hot cereals SOP	indiv variety hot cereals SOP
thick slice french toast	buttermilk pancakes	blueberry waffles
syrup (maple flavored)	syrup (maple flavored)	syrup (maple flavored)
syrup strawberry	syrup pecan	syrup blueberry
apple coffee cake	oats and fruit breakfast squares	pumpkin patch muffin
fruit puffs	cinnamon twists w/ vanilla glaze	apple fritters
English muffins, asst'd white/wheat/cinn-raisin	bagels, asst'd	cheese biscuits
white, whole grain wheat, multi-grain breads	white, whole grain wheat, multi-grain breads	white, whole grain wheat, multi-grain breads
butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,	butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,	butter/liquid margarine, cream cheese, peanut butter, grape jelly and other asst'd jam/jelly,

<b>DAY 19</b>	<b>DAY 20</b>	<b>DAY 21</b>
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Quaker Toasted Oat "O's"	GM Total Corn Flakes	GM Total Brown Sugar & Oats
Kellogg's Product 19	Kellogg's Crispix	Quaker Cinnamon Life
Post Fruit & Fiber	GM Multi-Bran Chex	Post Grape Nuts
GM Raisin Nut Bran	GM Kix	Kellogg's Rice Krispies
Kellogg's Apple Jacks	GM Cinnamon Toast Crunch	GM Golden Grahams
Quaker Cap'n Crunch	Post HoneyComb	Quaker Peanut Butter Crunch
mandarin orange slices	pineapple	prunes
banana	banana	banana
apple, fuji	apple, rome beauty	apple, gala
pear, Seckel/Forelle	papaya/mango	grapes, seedless red
orange juice - 100%	orange juice - 100%	orange juice - 100%
berry 100% juice w/vit C	cranberry-raspberry juice	tropical fruit 100% juice
asst lo-fat yogurt	asst lo-fat yogurt	asst lo-fat yogurt
milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors	milk - 1%, skim, 2%, lo-fat chocolate, and optional lactose free soy milk w/ calcium in asst'd flavors
coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee	coffee-brewed reg & decaf, hot chocolate, tea - reg & herbal, optional specialty coffee
water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet	water, iced tea - unsweetened & optional pre-sweetened, fruit flavored drinks, ass'td soda - cola, non-cola, diet
creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow	creamers, sugar, sugar substitute, lemon, mini-marshmallow
ice	ice	ice
salt, pepper, catsup, salsa, jalapeno, hot sauce	salt, pepper, catsup, salsa, jalapeno, hot sauce	salt, pepper, catsup, salsa, jalapeno, hot sauce